

## **INSIDE INFORMATION**

*by Laurie A. Monroe*

We live in an era of transformative change that touches every aspect of our lives. This is an opportunity for us to affirm new values, to discover new and perhaps deeper sources of meaning and to create new relationships and patterns of activity that are more responsive to current human needs.

Through our work at the Institute, we learn to trust the process and endeavor to apply this to our daily activities. Our intention is to give something of value to humankind that will make a positive difference to the continuing transformation of humankind. There is great value to our group energy and collectively we can “make a difference.” Our fundamental values will be seen in all of our actions in life. Our intentions will affect all of our choices. We are being asked to move into the realm of spirit, the realm of the heart and love. We are being guided to help raise the consciousness of humankind as we move through this transformation that is occurring in the world today.

What does this mean to us? We know that the Hemi-Sync<sup>®</sup> process can facilitate different states of consciousness. It enables people to look within and to remove negative, limiting thoughts at very deep levels. It creates an opening—a Gateway to remembering who we really are. It facilitates a Knowing that we truly are more than our physical bodies. With this, there is a profound transformation that occurs within each one of us. The Information we are seeking resides within, and through the learning process we project our Knowing to others around us.

As we tune in to the “larger picture,” and open our hearts, we find ourselves relating differently with others. We respond with greater acceptance and appreciation for what we can accomplish together. We are less judgmental and recognize that our perceived differences are somewhat superficial and perhaps insignificant. Our individual lives change. Friends, family members, and those who come in contact with us notice this change and respond. Together we are traveling this inner information highway—the Interstate that leads us to Higher levels of understanding and eventually to be One with all.

We have the opportunity and the responsibility to explore new ways of thinking, being, and doing. We as individuals are crucial to this change and we need one another in order to multiply the influence of each of us to make a difference to humankind. If we all have a personal commitment to spreading the vision, we will create the ripple effect. It is time to reach the hearts of people, and collectively we can all make this happen.

Another very important part of the process of transformation is gratitude—to continually have an attitude of gratitude. To be compassionate, caring, to live with an open heart—to speak from the heart. We need to consistently express gratitude to those who have opened our hearts and touched our souls, and to offer heartfelt thankfulness for the many blessings in our lives.

We are truly grateful and appreciative for your support. You have a vital role in the Institute's future, and we would like to encourage you to invite others to join the Institute in its purpose and mission. One way you can help is by creating new relationships and sharing with others your experiences as a result of attending a program or through your use of the Hemi-Sync tapes. We know that with your dedication and enthusiasm for promoting Bob Monroe's work, the Institute will continue to be a leader in the field of exploring human consciousness and will continue to positively influence humankind's evolution into the twenty-first century.

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